A1C LOWER

Studies show that checking blood sugar regularly throughout the day significantly reduces A1C. The more you measure, the more you know.

You can only manage what you measure… Make the changes you need to stay in range and on track!

Spot trends
Pinpoint problem areas

ONE DROP guideline to checking blood sugar

It's easy! Just follow these steps:

BEFORE AND AFTER EATING

BEFORE AND AFTER EXERCISE

BEFORE BEDTIME

FIRST THING IN THE MORNING

When should I check?

Checking frequently is great. But to get the most out of your blood sugar data, you need to check at the right times:

FREQUENCY: How often

To get the best results:

1. Check frequency
2. Analyze your data regularly
3. Make changes as needed

When do I check?

Checking frequently is great. But to get the most out of your blood sugar data, you need to check at the right times:

FREQUENCY: How often

1. BEFORE AND AFTER EATING
2. BEFORE AND AFTER EXERCISE
3. BEFORE BEDTIME
4. FIRST THING IN THE MORNING

How do I check?

It's easy! Just follow these steps:

STEP 1 Insert a test strip into your meter.

STEP 2 Prick the side of any fingertip.

STEP 3 Squeeze out a drop of blood.

STEP 4 Touch the drop to the test strip.

STEP 5 Wait a few seconds for the result.

When should I check?

Checking frequently is great. But to get the most out of your blood sugar data, you need to check at the right times:

FREQUENCY: How often

1. BEFORE AND AFTER EATING
2. BEFORE AND AFTER EXERCISE
3. BEFORE BEDTIME
4. FIRST THING IN THE MORNING

IMPORTANT NOTE:

These blood sugar targets are just suggestions based on recommendations made by the American Association of Clinical Endocrinologists (AACE). You and your health care provider should determine what targets are best for you based on your individual needs. If you don’t know what your targets should be, be sure to ask at your next visit!

When should I check?

Checking frequently is great. But to get the most out of your blood sugar data, you need to check at the right times:

FREQUENCY: How often

1. BEFORE AND AFTER EATING
2. BEFORE AND AFTER EXERCISE
3. BEFORE BEDTIME
4. FIRST THING IN THE MORNING

IMPORTANT NOTE:

These blood sugar targets are just suggestions based on recommendations made by the American Association of Clinical Endocrinologists (AACE). You and your health care provider should determine what targets are best for you based on your individual needs. If you don’t know what your targets should be, be sure to ask at your next visit!

A1C

Lower blood sugar, lower A1C. Throughout the day, intelligently monitor A1C.

October 4, 2016

© 2016 Informed Data Systems, Inc.